

# INSTRUCTION MANUAL

Manual Aneroid Blood Pressure Monitor

Model **7682/7683**

**Sunbeam-Oster Household Products**

Before operating this unit please read these instructions completely.

## DO'S AND DON'TS FOR ACCURATE BLOOD PRESSURE READINGS

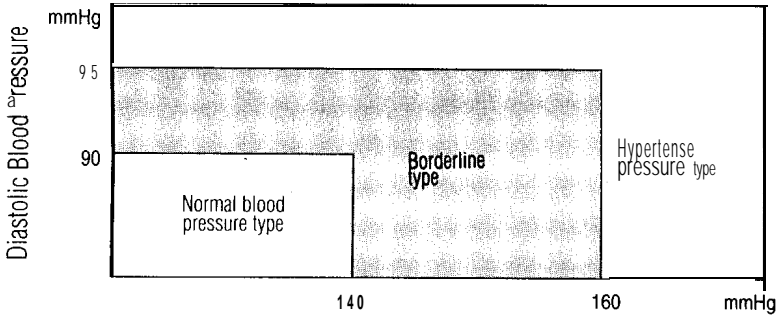
1. **DO** Read instructions carefully before using Monitor.
  2. **DO** Rest arm on a flat surface so that upper arm is at heart level when taking measurements.
  3. **DO** Remain calm, quiet and still when measurements are being taken.
  4. **DO** make sure that the cuff is in the proper position according to your instruction manual.
  5. **DO** Insure that the exhaust velocity is 2-5 mmHg per second at the systolic point each time a measurement is taken.
  6. **DO** Wait at least 10 minutes between taking measurements.
  7. **DO** Pump unit pressure 30 to 60 mmHg above normal systolic before beginning measurement.
  8. **DO** Consult your physician before adjusting your medication based on readings from this Monitor.
  9. **DO** Use a dry, soft cloth to clean the instrument.
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1. **DO NOT** move arms or hands when measurement is being taken.
  2. **DO NOT** talk or chew when measurement is being taken.
  3. **DO NOT** turn exhaust valve too quickly when adjusting for systolic and diastolic readings.
  4. **DO NOT** take a series of measurements without waiting at least 10 minutes between measurements.
  5. **DO NOT** adjust medication based on readings from this Monitor.
  6. **DO NOT** make any adjustments to unit, there are no user serviceable parts. Call **1-800-597-5978** for further instructions.
  7. **DO NOT** smoke during or at least 30 minutes prior to taking blood pressure measurements.
  8. **DO NOT** drop or otherwise mechanically shock the dial gauge. This is a delicate precision device.
  9. **DO NOT** fold the Arm Cuff or Rubber Cuff Hose tightly during storage, as such treatment may shorten the life of the components.

Manufactured to meet specifications set by the Association for the Advancement of Medical Instrumentation (AAMI)

# W.H.O. BLOOD PRESSURE CLASSIFICATIONS

Standards for assessment of high or low blood pressure, without regard to age, have been established by the World Health Organization (WHO), as shown in this chart.

(Fig. 1)

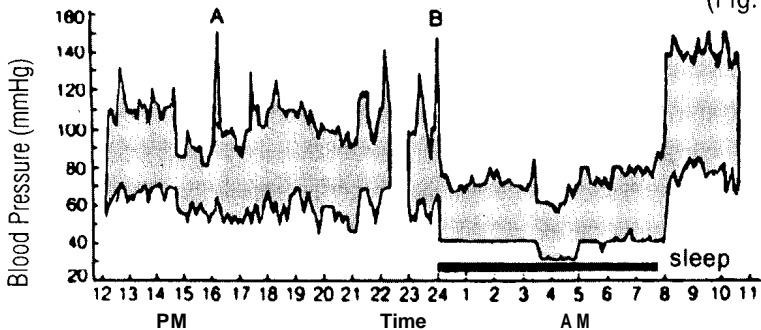


Reference Material: investigation into Adult Diseases Report by the Ministry of Health and Social Security, 1971.

# VARIATIONS IN BLOOD PRESSURE

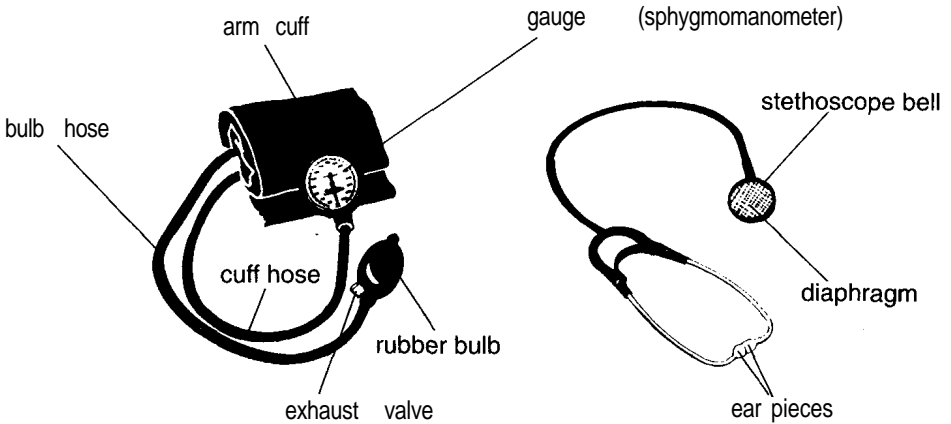
Individual blood pressures vary greatly both on a daily and a seasonal basis. These variations are even more pronounced in hypertense patients. Normally the blood pressure rises while at work and is at its lowest during the sleeping period. The graph below illustrates the variations in blood pressure over a whole day with measurement taken every five minutes.

(Fig. 2)



Shown is data for measurements taken every 5 minutes. The thick line represents sleep. The rise in blood pressure at 4 PM (A in the graph) and 12 PM (B in the graph) correspond to an attack of pain and sexual intercourse. (Beven, Honour & Stott: Clin. Sci. 36:329, 1969.)

## PARTS IDENTIFICATION



\*Model 7683 has the stethoscope attached

## HOW TO USE YOUR SUNBEAM MANUAL BLOOD PRESSURE MONITOR

ACCURATE READINGS MAY REQUIRE PRACTICE, ESPECIALLY IN HEARING THE SOUNDS OF THE BLOOD PRESSURE.

1. Sit comfortably next to a table or flat surface. Roll up the sleeve on your left arm. (Left arm is preferred but right arm is acceptable.) Place your left arm on the table in a slightly bent position with upper arm level with the heart, with your palm facing upward.

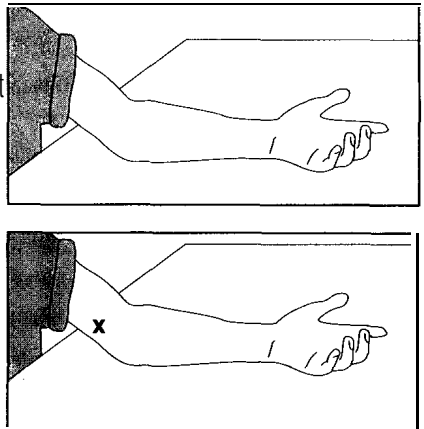


fig. 1

2. Locate the brachial artery (fig. 1). It is above the bend of the elbow when the palm is laid upwards on a flat surface. Feel for your pulse with the first two fingers of your free hand, pressing down firmly next to the muscle on the inside of the arm. Slip the Arm Cuff over your arm with the arrow marked "artery" over your brachial artery (fig. 2) Adjust the Arm Cuff, using the velcro strip so that it fits snugly enough to maintain its position. (Make sure arm cuff is comfortable, not too tight or too loose.)

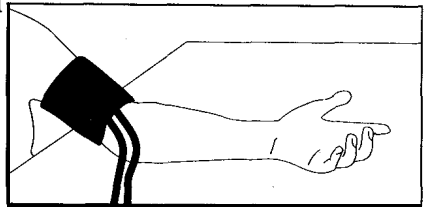


fig. 2

3. Insert the **Stethoscope Bell**, flat side (**Diaphragm**) down, underneath the **Arm Cuff**, and over your brachial artery (fig. 3). If your model has the stethoscope bell attached to the arm cuff, place the stethoscope bell over the brachial artery.

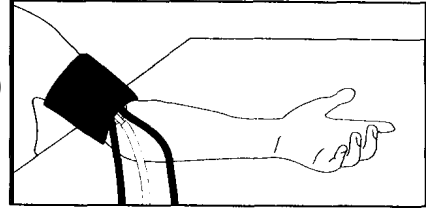


fig. 3

4. Be sure to **close the Exhaust Valve** on the **rubber bulb** by turning in a clockwise direction (fig. 4).

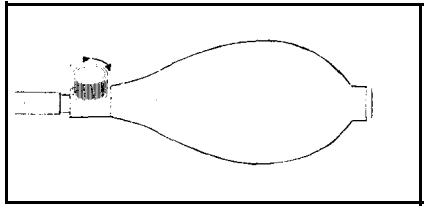


fig. 4

5. Hold the **Gauge** at heart level in the hand of your cuffed arm (fig. 5). If your unit has a clip on the back of the Gauge that allows for attachment on a strap on the Arm Cuff, follow (fig. 6). Place the ear pieces inside your ears.

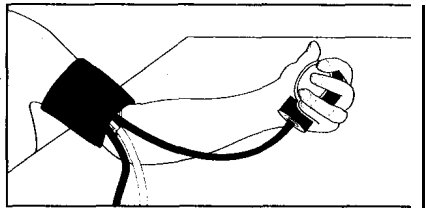


fig. 5

6. Using your free hand, pump the **Rubber Bulb** so that the **Arm Cuff** inflates until the sound of your heart beat disappears or the gauge reads 30-60 mmHg above your normal systolic reading (approximately 180-200 mmHg).

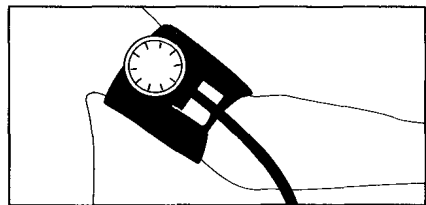
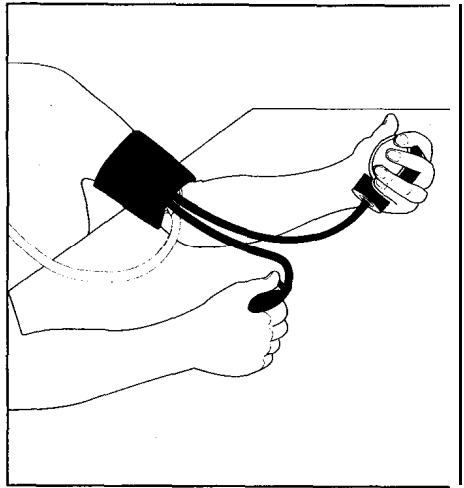


fig. 6

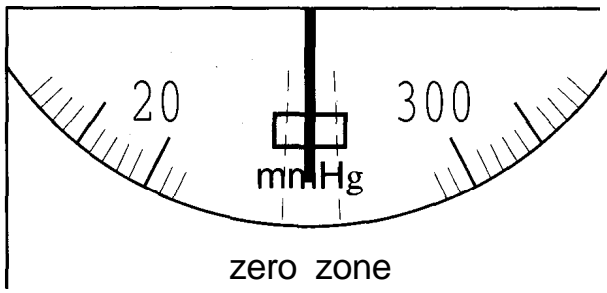
7. Slowly turn the Exhaust Valve counter-clockwise with your thumb and index finger to an exhaust rate of 2 to 3 mmHg per second as seen on the dial. If the deflation rate (exhaust rate) is too fast, it will not read your blood pressure correctly or may not read at all. A muffled thumping sound becomes audible as pressure falls. The dial reading when you hear the first pulse sound (muffled thumping sound) from artery is recorded as the SYSTOLIC pressure. The point at which the pulse sound is no longer heard is recorded as the DIASTOLIC pressure.



For example, your readings can be recorded as 120/80 which is read "120 (systolic) over 80 (diastolic)."

8. Release remaining air in the Arm Cuff by turning the Exhaust Valve counterclockwise. Remove Arm Cuff.

Note: Make sure air is completely deflated and gauge returns to the zero zone. If the pointer does not return to zero, please contact our consumer affairs office at 1-800-597-5978.



## MORE ABOUT BLOOD PRESSURE MEASUREMENTS

### What is Blood Pressure?

Blood pressure is a measurement of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the cardiac cycle. The highest pressure in the cycle is called the **SYSTOLIC BLOOD PRESSURE**; the lowest is the **DIASTOLIC BLOOD PRESSURE**. Both pressure readings, the **SYSTOLIC** and **DIASTOLIC**, are necessary to enable a physician to evaluate the status of a patient's blood pressure. Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. Blood pressure is typically low in the morning and increases from afternoon to evening. It is lower in the summer and higher in the winter.

### Why Is It a Good Thing to Measure Blood Pressure at Home?

Having one's blood pressure measured by a doctor in a hospital or a clinic, and group health checks, tend to stimulate nervousness in the subject and may even create high blood pressure. Also blood pressure varies in accordance with a variety of conditions, and so judgement is not possible on the basis of a single measurement. (See Fig. 2)

The blood pressure measured first thing in the morning after getting up, before taking any food, and with the subject still, is known as the fundamental blood pressure. In practice it is rather difficult to record the fundamental blood pressure, but to come as near as possible to measuring the blood pressure in an environment that is close to this, is why it is useful to take the measurement at home.

## GLOSSARY

**Systolic:** The highest point of blood pressure; level of blood pressure produced as your heart beats.

**Diastolic:** The lowest point of blood pressure; level of blood pressure produced as your heart rests between beats.

**Millimeters of Mercury (mmHg):** Blood pressure is measured in terms of the height of mercury in a column. Measurements are written one over the other. For example, a systolic pressure of 120 mmHg and diastolic pressure of 80 mmHg is expressed as "120 over 80."

**IMPORTANT:** Only a physician is qualified to interpret your blood pressure measurements, and no device can replace regular medical examinations by your physician. It is recommended that your physician review your procedure for using this blood pressure monitor. Your physician should verify blood pressure measurements before making adjustments to medication.

## LIMITED **ONE** YEAR WARRANTY

Sunbeam-Oster Household Products warrants that, for a period of one year from date of purchase, this product shall be free of mechanical and electrical defects in material and workmanship. Our obligation hereunder is limited to repair or replacement, at our option, of this product during the warranty period, provided the product is sent postage prepaid directly to our factory service center:

SUNBEAM-OSTER HOUSEHOLD PRODUCTS  
APPLIANCE SERVICE STATION  
117 Central Industrial Row

Purvis, MS 39475

DO NOT RETURN THIS **PRODUCT** TO THE PLACE OF PURCHASE; ACTING OTHERWISE MAY DELAY THE PROCESSING OF YOUR WARRANTY CLAIM. This warranty does not cover normal wear of pads, damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to operating instructions, or disassembly, repair, or alteration by any person other than our factory service center. Product repair or replacement as provided under the above warranty is your exclusive remedy. Sunbeam Corporation (of which Sunbeam-oster Household Products is a division), shall not be liable for any incidental or "consequential damages for breach of any express or implied warranty on this product. Except to the extent prohibited by applicable law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of the above warranty. Some states do not allow the exclusion or limitation of incidental or consequential damages, or allow limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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FOR CUSTOMER SERVICE, PLEASE CALL 1-800-597-5978.